Preparing for a Doctor's Visit:

Unsure of how to prepare for the appointment?
Here are five things to think about:

**Who to Bring:**
* Natural Supports (Friend, Sibling, Parent)
* Legal Guardian
* Power of Attorney (Financial or Medical) plus paperwork
* Representative Payee and their contact information
* Contact list on patient's behalf

**Don't forget to Bring:**
* Your Insurance Card
* Family Medical History
* List of Medications/Alternative Therapies
* Notebook and Pen

**List Questions You Have for the Doctor:**
* Any Symptoms you are having
* Explain how you're feeling
* Ask about your own medications

**Advice from Doctor:**
* Keep an open mind
* Don't be embarrassed to ask more questions
* Ask for a recap of what was talked about

**Accommodations: Do you need...**
* Accessibility in bathroom, clinic, or exam room?
* Accessible Parking?
* ASL or language interpreter?
* Access to elevator?

**Resources:**
3) "Tips for a Successful Doctor Visit." Reviewed by Louise Chang, MD on 19th, Oct. 2007. WebMD.

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